

EczemaWise In-Practice Guide

Here are some easy ways to implement EczemaWise into your practice so you can help your patients get started with self-management.

 **Introduce EczemaWise** **Agree on a self-management plan** **Share how you would like to receive information** **Share what data is helpful for you to see over time**

Conversation starters

Here are a few ways to introduce EczemaWise to your patients.

“ Looking for a way to organize your eczema photos? EczemaWise is a secure app that allows you to take photos of areas affected by eczema and also log symptom levels so that it's there when you need to show your doctor. ”

“ Have you heard of the National Eczema Association's app, EczemaWise? ”

It helps you track your symptoms, treatments, and triggers regularly and can be a great way to monitor how you are doing. And it helps me get a better picture of how you're doing outside of the doctor visits. ”

“ As we start this new therapy, I recommend using EczemaWise to track your symptoms and treatments. Over time, this will help us evaluate how well your management plan is working. ”



Did you know?

EczemaWise allows patients to:



Log their treatments and set up treatment reminders.



Download and print appointment summary PDFs, reports, or simply show you the app on their device.

“At your next visit, let’s take 2 minutes to review photos of your worst and best days in your EczemaWise image gallery.”

“Try tracking your skin + itch + sleep symptoms twice a month and send me the PDF appointment summary after 3 months of tracking.”



Talk about information sharing

Be clear about what photos are helpful for the patient to take. Is it important to see what their skin looks like on a great day? Are you interested in just photos of their most severe days? Do you need a close-up or a full shot of the affected area?

Determine what regularity of tracking is useful and ask your patient to track with that frequency. For example, ask them to track skin, itch, and sleep (this generates the PO-SCORAD) 3x a week when flaring, and 1x a week when not flaring.

Set goals for the appointment and future

Ask your patient what their goals are for treatment outcomes vs. eczema outcomes in the short and long term. Depending on what they say, you may want to encourage them to track a particular symptom or trigger.



Add EczemaWise to office displays and communications



Display EczemaWise brochures and/or printouts in your waiting room and examination rooms



Mention the EczemaWise app, and how to get it, in appointment follow-up materials. Include the EczemaWise QR code in the after-visit summary to patients.

